


AI-Therapy (#1)

AI THERAPY

THE PROGRAM - SOCIAL ANXIETY - OTHER PAGES - BLOG LOGIN SIGN UP

# Overcome social anxiety.

An online treatment program that uses evidence-based techniques and award winning research to help you overcome social anxiety.



Click above to watch Fjola and Ross explain the system.

AI-Therapy creates a virtual relationship between you and Ross and Fjola, two internationally renowned anxiety experts. Find out more about [Fjola](#) and [Ross](#).

Pre-Questionnaires

I: Thinking Exercises

- Welcome!
- What causes us to feel anxious?
- Thinking exercise 1.1
- Thinking exercise 1.2
- Thinking exercise 1.3
- What is a 'causal' thought?
- Causal thoughts
- Checklist of cognitive errors
- Thinking exercise 2.1
- Thinking exercise 2.2

II: Challenging Your Thinking

III: Creating Your Model

IV: Behavioural Experiments


V: Challenge Your Thinking Further

VI: Self-Processing

## Welcome!


Thanks a lot for taking the time to fill out those questionnaires. Now it's time to learn a little more about us, and how the program works.

Welcome Message



We are Fjola in Oxford, UK and Ross in Sydney, Australia, and we have been working on this project for several years. Please press the play button so we can introduce ourselves.

Beating the Blues (#2)



beating the blues<sup>®</sup>

cognitive behavioural therapy


Home

Patients

Practitioners

Login

Activate



Buy Now

More Information

Download Leaflet

Find Out More

Videos

Overview

Demo

Feeling down or anxious? Beating the Blues 24/7 can help...

beating the blues<sup>®</sup>

cognitive behavioural therapy

Beating the Blues<sup>®</sup> is an effective treatment for people feeling stressed, depressed, anxious or just down in the dumps. Based on Cognitive Behavioural Therapy, the course is made up of 8 online sessions which last approximately an hour and help you to understand the link between how you think and how this influences your feelings and behaviours. The program teaches strategies to help you cope better in the short term and workable skills for life so that you can face the future with confidence.

Pleasurable activity

beating the blues<sup>®</sup>

cognitive behavioural therapy

session 1

1.090.007




How many pleasurable things did you do last week?

None

1

2 to 4

More than 4

62 %

BACK

This video is a recording of a patient going through session 1 and learning about pleasurable events.

**Download: 12MB**

## Blues Begone (#3)

# Blues Begone

to help you feel better



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A A A

### Depression

[About Depression](#)

[Clinical Help](#)

[Symptoms of Depression](#)

### Anxiety

[Anxiety treatment](#)

### CBT

[Cognitive Behaviour Therapy](#)

[Computerized CBT Therapy](#)

Blues Begone helps treat depression and anxiety



### Are you feeling depressed or anxious ?

- help yourself beat depression and anxiety quickly
- use the most effective type of treatment available
- use it when and where you like to beat depression and anxiety
- beat depression and anxiety without waiting to see a doctor or a

Get free help every week



Email

First Name

Submit



## Blues Begone™ Member Dashboard

Log off

[Logon](#) [Catalogs](#) [Resources](#) [Tools](#) [View](#) [Help](#)

Last painted at: 4/1/2014 1:39:33 AM

MiriamTest is logged on

Latest PDQ Score: 47

Episode #2, Discovery

Activate Next Agenda Item in this Episode

### Agenda items remaining

IU/Life Monitor  
Task/Life Monitor  
IU/Whimsical graphics  
IU/Using a diary  
Task/Diary  
IU/Who suffers from depression?  
Cartoon/Fear  
IU/Symptoms of depression  
IU/How do I know I am depressed?  
IU/Value of self-help materials  
IU/Introduction to Pattern of Causes  
Task/Pattern of causes - external

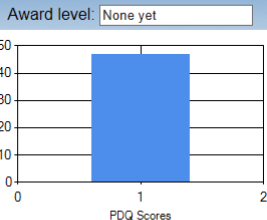
### Agenda items completed

IU/About the dashboard

### News you can use

- [Cultural activities can improve your mood](#)
- [Why patients don't reveal depressive symptoms to their doctors](#)
- [Happy people are exercise-friendly](#)
- [The Depressing News About Antidepressants](#)
- [Antidepressant use in the US](#)

Personal Notes:



We've got to have a dream if we are going to make a dream come true.  
- Walt Disney

### Voted most helpful items

Type	Title	Rating
IU	Talking back to the inner critic	4.8
IU	Understanding anger	4.8
IU	Social skills	4.6
IU	Becoming assertive	4.5

### Bonus content


- [Ten ways to be happier](#)
- [Sherlock Holmes and Depression](#)
- [Adolescent depression](#)
- [Wrong beliefs - wrong outcomes](#)

### Notices

It is important to enter the data



## Changing States - The Stress and Anxiety Manager (#4 )



# Changing States

**Clinical Hypnotherapy, EMDR and NLP based Psychotherapy**  
**High Wycombe and Central London**

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## The Stress and Anxiety Manager

### Online Hypnotherapy + CBT stress and anxiety treatment

**Access instantly for only £14.99 (Approx \$29.00 USD / € 18.00 Euro)**

The online "Stress and Anxiety Manager" is a major new "Hypno CBT" multimedia approach to help in the process of controlling stress and anxiety in your life. It is equivalent to at least one stress management therapy session with [Bill Frost](#). The main audio recordings alone are approx 45 mins spread over 14 modules. The programme also collects "before" and "after" data is for reporting purposes.

[Click here to preview one of the introductory stress management modules](#)

The programme consists of the following:

#### Contents


- "Before" survey (Currently an average of 85% stressed)
- [Stress and anxiety overview](#)
- What is stress and anxiety?
  - Stress V anxiety
  - Good and bad stress and anxiety
  - The role of beliefs and attitudes
  - The role of fear and avoidance

#### Downloads


- Notes for printing
- Daily relaxation technique  
8.3 MB MP3
- Low frequency audio for relaxation  
28 Mins / WMA 40+ MB

#### Misc


#### Instant Online Therapy



Unlimited access for only £14.99 (Approx \$29.00 USD / € 18.00 Euro)

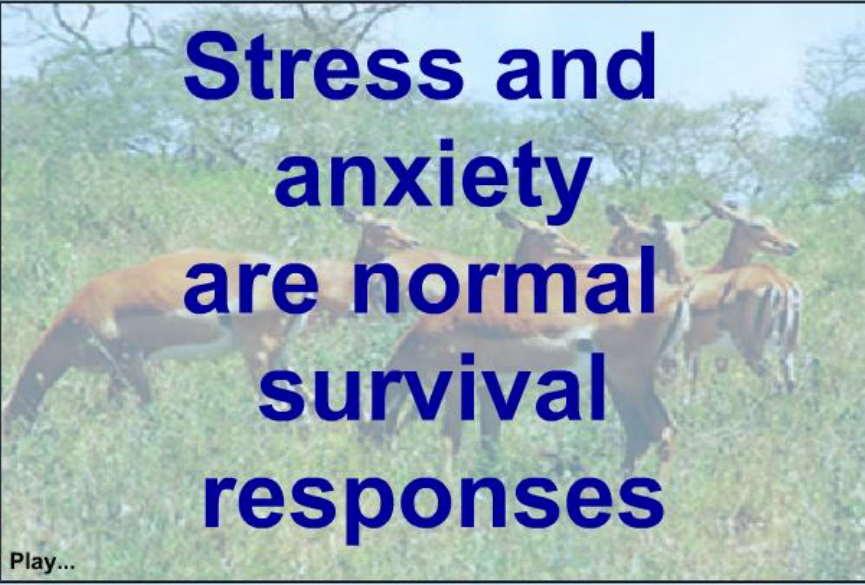


## The Stress and Anxiety Manager



Play...

# Stress and anxiety are normal survival responses



[Previous](#)[Next](#)

# CBT 7 Step Self Help Course (#5)

Cognitive Behaviour Therapy Self-Help Resources  
GET Self Help

GET.gg  
Therapy Resources

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[SOLUTIONS](#)
[WEBSITE](#)
[LANGUAGE](#)
[GUERNSEY](#)

## CBT Self Help - Step 1

### Identifying Thoughts, Feelings & Behaviours

1.6K

This self-help course will be helpful for individuals who have problems with anxiety, depression or anger. The course can also be adapted for other problems. Clinicians can use the course with their clients, using one step each weekly or fortnightly session.

The best way to use the CBT Self-Help course is to download it, one step at a time. As you complete each step over at least a few days (with LOTS of practice), then return and download the next step.

SELF-HELP COURSE: THE COMPLETE COURSE

60 page Adobe document - The complete CBT self-help course in 7 steps.

SELF-HELP COURSE: STEP 1

Introduction & Identifying Thoughts, Feelings & Behaviours

SELF-HELP COURSE: STEP 2

Understanding the links between Thoughts, Feelings & Behaviours

SELF-HELP COURSE: STEP 3

Making Behavioural Changes

SELF-HELP COURSE: STEP 4

Making Changes in the way we Think

SELF-HELP COURSE: STEP 5

Challenging Thoughts

SELF-HELP COURSE: STEP 6

Defusing or Distancing from Thoughts, Mindfulness

SELF-HELP COURSE: STEP 7

Imagery, Sleep, Positive Steps, Maintaining Progress

Self Help mp3 downloads

0 - £3.49 get.gg

Self Help Books

getselfhelp.co.uk

amazon.co.uk

Great Selection Low Prices

Shop now

ithinksmarter.co.uk

the world's leading CBT treatment app

www.mindquize.com

Free CBT Exercises Online

Mood Control

Personalized CBT exercises

## Step 1 Step 2 Step 3 Step 4 Step 5 Step 6 Step 7

The documents linked from the bottom of each page are intended to be an integral part of this course, and should not be omitted - the worksheet documents are included in the downloadable Steps linked above.

Please click [here](#) if you would like additional support in completing any of the steps of the CBT Self-Help Course

This mini 7-step self-help course includes techniques which could be useful for all, but professional help should be sought for complex or long-standing problems.

Use the Self Help mp3 downloads to strengthen therapy or as a stand-alone technique

Once you've read through the [introduction to CBT on this page](#), you can start to look at what's helping to keep your problems going.

```

graph TD
    Thoughts --> Feelings
    Feelings --> Behaviours
    Behaviours --> Thoughts
  
```

Let's use a recent example, when you've been distressed - perhaps something has happened in the past week or so when you've felt particularly anxious, angry, or depressed.

**What was the situation?** What happened? When did it happen? What else was going on? Was it a situation that you often find yourself in? Who were you with?

**What thoughts or images went through your mind just before or during that time?** If you had that thought, what did that mean to you, or what did that say about you or the situation? If your thought was a question, try to answer it. What disturbed me?



CCBT Limited – FearFighter (#6)



# FearFighter

Panic & Phobia Treatment

[User Activation](#)[User Login](#)[Clinician Login](#)

[Home](#)[About FearFighter](#)[About Us](#)[FAQs](#)[Research](#)[Press Centre](#)[Contact Us](#)

About FearFighter



Founded in 2005, CCBT Limited is an innovator and world leader in delivering evidence based computer-aided cognitive behavioural therapy (CCBT). The FearFighter™ Treatment is the only product endorsed by a national regulator (NICE in the UK – TA097) for an Anxiety Treatment. In 2010 the company released its Calmer Series (a suite of psycho-education products) and announced the release of new products for OCD, Depression, Substance Abuse and Insomnia. Already at the forefront of providing online psychiatric treatments and self help, we are now leading the market as the developer of choice for clinicians wishing to take their treatments to larger communities and establishing our healthcare platform as the leading international platform for treatment delivery.

Product Features

- Multi step interventions
- 2 to 9 hours of online treatment time (dependent upon condition)
- Full outcome measurement tracking
- Patient management and governance module (Enterprise Product)
- Patient support options, eMail, Telephone and Face to Face
- 80% reduction in therapist time
- Financial savings of over 50% of equivalent treatment for equivalent outcome

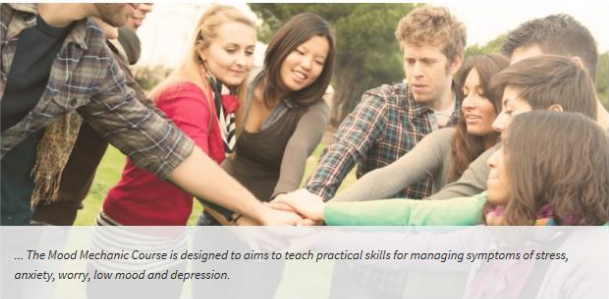
eCentreClinic - Mood Mechanic Course (#7)

# eCentreClinic

[INFORMATION](#)[OUR COURSES](#)[RESEARCH RESULTS](#)[HEALTH PROFESSIONALS](#)[ABOUT US](#)[DONATE](#)[URGENT HELP](#)

## Mood Mechanic Course

[» Mood Mechanic Course](#)



... The Mood Mechanic Course is designed to aims to teach practical skills for managing symptoms of stress, anxiety, worry, low mood and depression.

- [LOGIN HERE!](#)[CONTACT US ...](#)[TAKE A TOUR ...](#)[MEASURE SYMPTOMS ...](#)[DONATE ...](#)



The Mood Mechanic Course is a free online and internet-delivered treatment program designed for young Australian adults aged 18 to 24. It aims to teach practical skills for managing symptoms of stress, anxiety, worry, low mood and depression. We developed The Mood Mechanic Course because many young adults have difficulties with stress, anxiety, worry, low mood and depression. But, many people never access or seek treatment.

## eCouch - Anxiety & Worry Program (#8, #9)



The landing page features a blue background with a central illustration of three people (an older man, a woman, and a younger woman) looking at a red box labeled 'E COUCH EST 2005'. To the right, there are three buttons: 'About E-couch', 'Technical Requirements', and 'If you are feeling suicidal'. Below these, there is a 'Registered Users' section with fields for 'Username' and 'Password', and a 'Login' button. A 'New Users ENTER HERE' button is also present. At the bottom, there is a section for 'Seeking immediate help?' with contact information for Australia and a link to 'befrienders.org'. A Facebook link is also provided.

**Registered Users**

Username

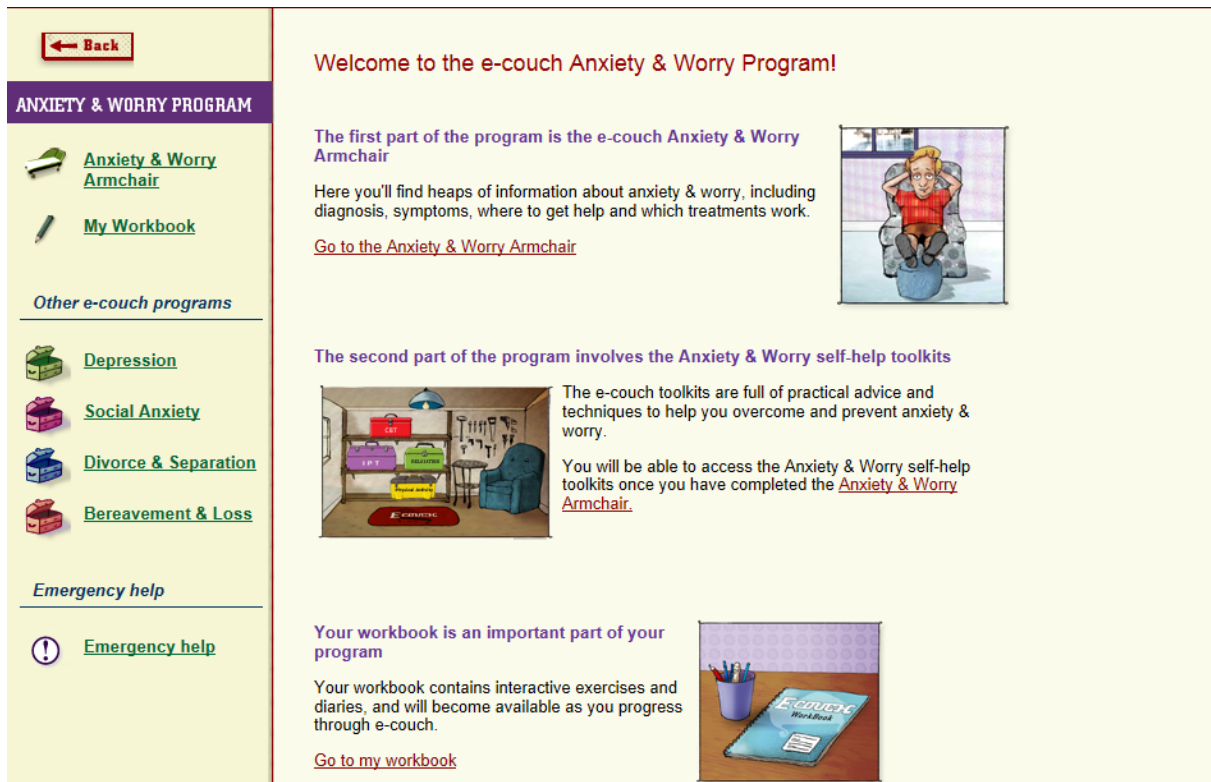
Password

**Login**

**Help - I can't log on!**

**Seeking immediate help?**  
In Australia contact [Lifeline](#): 13 11 14 or [Kids Helpline](#): **\$ 1800 551 000 FREE**  
Local help lines for other parts of the world are listed at [befrienders.org](#).

Find out more about e-hub Self-Help Programs for Mental Health and Wellbeing on Facebook  
[www.facebook.com/ehub.selfhelp](http://www.facebook.com/ehub.selfhelp)



The content page has a yellow background. On the left is a sidebar with a 'Back' button, a header 'ANXIETY & WORRY PROGRAM', and links to 'Anxiety & Worry Armchair', 'My Workbook', and 'Other e-couch programs'. The 'Other e-couch programs' section lists 'Depression', 'Social Anxiety', 'Divorce & Separation', and 'Bereavement & Loss'. Below that is 'Emergency help' with an 'Emergency help' link. The main content area has a title 'Welcome to the e-couch Anxiety & Worry Program!' and three sections: 'The first part of the program is the e-couch Anxiety & Worry Armchair', 'The second part of the program involves the Anxiety & Worry self-help toolkits', and 'Your workbook is an important part of your program'. Each section includes a brief description and a link to the respective resource. Illustrations of an armchair, a toolbox, and a workbook are included.

**Welcome to the e-couch Anxiety & Worry Program!**

**The first part of the program is the e-couch Anxiety & Worry Armchair**

Here you'll find heaps of information about anxiety & worry, including diagnosis, symptoms, where to get help and which treatments work.

[Go to the Anxiety & Worry Armchair](#)

**The second part of the program involves the Anxiety & Worry self-help toolkits**

The e-couch toolkits are full of practical advice and techniques to help you overcome and prevent anxiety & worry.

You will be able to access the Anxiety & Worry self-help toolkits once you have completed the [Anxiety & Worry Armchair](#).

**Your workbook is an important part of your program**

Your workbook contains interactive exercises and diaries, and will become available as you progress through e-couch.

[Go to my workbook](#)

Learn to Live (#10)

★ my programs

Teammates™

Messages

calendar

Resources

my programs

Following the steps below, from start to finish, will provide you with the right knowledge and experiences as you need them along the way. You'll be able to start the next step as soon as you complete the step before it. You'll also fill out several short assessments; these will help you track your progress and provide you with some insight into how you're feeling. Please take your time on each lesson, and be sure you complete your practice assignments between lessons. You can start a lesson and then leave it at any time; your information will be saved and you'll return to the same spot in the lesson where you left off. Good luck!

WE WANT YOUR FEEDBACK.

Let us know what you think of the program.

Social Anxiety

[Select Program ▶](#)

Depression

[Select Program ▶](#)

Stress, Anxiety & Worry

[Select Program ▶](#)

My Lessons

My Assessments

Forum

my Lessons

START

Assessment 1

Understanding where I am today

Lesson 1

Understanding Social Anxiety and Setting Goals

Lesson 2

Identifying Thoughts: The STEP Model

Lesson 3

Thought Inspection, Part I

Lesson 4

Find Out For Myself

Lesson 5

Thought Inspection, Part II

Assessment 2

Checking my progress

Lesson 6

Fear-Facing, Part I

Lesson 7

Fear-Facing, Part II

Assessment 3

Checking my progress

Lesson 8

Putting It All Together

Next Steps

How LTL can support me

FINISH



Follow @LearnToLiveCBT Like 12k Follow Share 165 MEMBER SIGN IN 2,459 members and counting

**learntolive** | Change your mind. Change your life.™

HOW WE CAN HELP OUR STORY COMMUNITY FORUM TESTIMONIALS SIGN UP

**Online help for social anxiety.**

If you have social anxiety, we're here to help. Learn to Live offers an online social anxiety program based on the proven principles of Cognitive Behavioral Therapy (CBT). The program is confidential, accessible anywhere, and based on years of research showing online CBT programs to be as effective as face-to-face therapy.

Take a tour ▶

Heidi overcame her social anxiety ▶

Take a free Social Anxiety Questionnaire

Many of us are aware we suffer from social anxiety, but many also grow so used to living with it, we're no longer sure. Why not complete this anonymous questionnaire to find out a bit more?

Take questionnaire ▶

## Livanda - Free from Anxiety (#11)

**livanda** INTERNETKLINIKEN

USERNAME  **Login**

PASSWORD  **Forgot your password?**

**More joy in life with Livanda**

CBT - COGNITIVE BEHAVIOUR THERAPY ON THE INTERNET

HOME FAQ CONTACT

**Our Internet based self-help programs**

**FREE FROM ANXIETY**  
(Panic disorder, social phobia, general anxiety)

**GAME OVER**

**Prices and terms of use**

Self-help program: **€ 51**

Psychological support: **€ 103**

[Terms of use](#) **Order**

**Registration with licens**

If you are a customer with a licens number from a company or health provider.

**Activate licens**

**About our self-help programs**

- Recent methods of CBT
- Interactive courses with 8-10 sections (12-15 weeks of course time)
- New information and new tools in each section
- Results in graphical form
- Download all material as PDF-files
- Ability to obtain support from our psychologists

**Read more about the programs via the links on the left.**

**Livanda - Internet Clinic Ltd.**

Livanda are pioneers in online therapy so-called "Internet therapy". Based on our research and many years of experience, we have developed **cognitive behaviour therapy** on the Internet.

**FOUNDERS OF INTERNET THERAPY IN SWEDEN**

[Read more about the company](#)

**CBT - Cognitive Behaviour Therapy**

All our programs are based on **Cognitive Behaviour Therapy (CBT)**. Cognitive behaviour therapy is a form of therapy that is based on scientifically proven (so-called evidence-based) methods. Another important part of CBT is that it focuses on the problems we experience - here and now.

The psychologists working at Livanda are all trained in cognitive behaviour therapy (CBT) and engaged in research. We regularly conduct evaluations and new studies on our self-help programs.

[Read more about Cognitive Behaviour Therapy \(CBT\)](#)

**Diagnoses**

Read about different diagnoses and problems that might benefit from cognitive

**Anonymity, security and technology**

**Security**

Our goal is that you who are using our services shall feel safe and secure on our site. For this reason we use so-called SSL certificate. This means that all information sent between your computer and our server is encrypted so that no unauthorized person can take part of it.

**Processing of personal data**

The information you provide will remain confidential. The personnel who are responsible for Livandas self-help programs

**Customer comments**

**Evaluations from our customers**

"Easily accessible, good language - easy to understand what you mean. You get a positive feeling! I want to thank you for providing this kind of self-help! Now I know how I function without having to seek expensive and tricky help somewhere else. Thanks!"

[Read more comments from our customers](#)



# Free from anxiety

[Start page](#)
[The course!](#)
[My results](#)
[About CBT](#)
[Contact](#)

[» Actual part](#)
[» Overview](#)
[» Download](#)
[Log out](#)
[A-](#)
[A+](#)

## Welcome to part 1!

In cognitive behavior therapy, knowledge always plays an important part. Today, there is a vast amount of knowledge about why we feel and act like we do – about how behaviors, thoughts and feelings work, and about what we can do to improve our life situations.

In this first part, the facts part is focused on anxiety and fear and on causes for anxiety. We will also give you information about the most common anxiety diagnoses.

For each part of the programme, there are one or more tools. This time, the tool consists of an application that helps you find out what you think is important and valuable in life, and what leads you forward.

[« Back](#)

» Continue to next part

### INFO 1

- » Intro
- » Anguish is our Heritage
- » Vulnerability Varies
- » Anxiety-Related Diagnoses


### EXERCISES 1

- » Compass of life
- » Relaxation - part 1

Previous parts:

Livanda - Internet Clinic AB | Hållgatan 4 | 72211 Västerås Sweden | Phone: +4621 800030 | e-mail: [info@livanda.se](mailto:info@livanda.se)

## Living Life to the Full (#12)



# Living Life to the Full

...helping you to help yourself

[+ -](#)

Not yet a member? - [sign-up FREE now](#)

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Problems signing up?

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Click to play

**URGENT HELP!**

[Contact Us](#)

**PANIC BUTTON**  
Click here if you're feeling scared right now

**Be Happier, Sleep Better, Do More, Feel More Confident**

**Why do I feel so bad?**

This session helps you understand your feelings and what to do about them.

**Try these sample sessions now.**

Just click one that interests you or fits how you feel.

**I can't be bothered doing anything**

This session helps you break out of the cycle and start to feel great.

**How to fix almost everything**

The Easy 4-Step Plan - a way to deal with problems and achieve your goals.

**10 things that make you feel happier straight away**

How to be happier, fitter and maybe even a bit slimmer very soon.

**I'm not good enough**

How come other people seem so confident? Learn their secrets and get to like yourself again.

**Register Now!**  
Public Sign-up

**Register Now!**  
Practitioner Sign-up

[Join Our Mailing List](#)

Already Registered? login here: [Login](#)

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Practitioner Training

Practitioner Resources

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Understanding Your Mood

Live LLTTF Stats

Living Life Shop

Click to play

URGENT HELP!

Contact Us

PANIC BUTTON

Click here if you're feeling scared right now

Join Our Mailing List

Enter email address:

Go

Privacy by SafeSubscribe™

Google™ Custom Search

Search

My Support Area

My Profile & Settings

My Support Practitioner

My Mood Results

My Support Forum

LLTTF Member Course Resources

Read Courses on Kindle

Available Courses:

Welcome

Welcome to the site (read this first). It's tempting to just crack on and start a course. Learn how to get the most from the site courses and resources.

Start Welcome Course

Little Book

(Based on your stated learning style - we recommend this course)

Accessible, attractive and to the point, this exciting range of new modules have been carefully designed to communicate key points that can help you change things around quickly. Buy copies of the Little Books (£15 for any 10 including delivery)

Start Little Book Course

## Mental Health Online - Generalised Anxiety Disorder (#13, #14, #15)

GAD Online

Welcome to GAD Online!

Module 1: Understanding Generalised Anxiety Disorder

Module 2: Relaxation, part 1

Module 3: Relaxation, part 2

Module 4: Our thoughts. The thinking-feeling-behaving relationship

Module 5: Our thoughts. Challenging and changing Thoughts

Module 6: Coping with worry

Module 7: Problem solving

Module 8: Approach and avoidance, part 1

Module 9: Approach and avoidance, part 2

Module 10: Lifestyle factors, part 1

Module 11: Lifestyle factors, part 2

Module 12: Maintaining Gains

Bibliography and program development

Welcome to GAD Online!

Getting the most from this program

The GAD Online program for Generalised Anxiety Disorder (GAD) is designed to:

- Help you understand the nature of anxiety and worry
- Teach you strategies to overcome GAD, based on cognitive behaviour therapy (CBT)

You have 12 weeks to complete the program, which contains 12 modules. It is recommended that you spend 1 week per module going through the online module and completing the offline activities.

As part of the therapist-assisted stream of this program you will also receive regular email assistance from a therapist. You can contact your therapist when you like and your therapist will respond in a **weekly** email over the 12 weeks.

Click on the 'Next' link below to begin the GAD Online program.

Next: Module 1: Understanding Generalised Anxiety Disorder >

## Mood Control (#16)



# Mood Control

*Recover from Depression and Anxiety*



Let me explain how you can recover from depression and anxiety

**Be sure to find the \$1 offer**

Every day sufferers from depression and anxiety are able to reclaim their lives. By following a well designed program of change over a series of weeks. The neural networks that create and maintain depression and anxiety are replaced with normal and natural patterns of feelings, thoughts and behaviors. Retraining your brain like this is a reliable, repeatable and sure way to feeling better, functioning better and regaining your place in the world.





## MOOD control + GOLD

Welcome back, Miriam! My profile | Logout

[Dashboard](#) [The CBT System Course](#) [Bonus material](#) [Additional resources](#) [Special features](#) [Active Self Help](#) [Worry](#) [Tips and tools to feel better](#)



Miriam

[edit profile](#)

[Messages](#) 0

Search For:


DASHBOARD

### Welcome to Mood Control




Bonus material

[Why you should take more care of yourself](#) on May 20, 2013




Special features

[The Active Self Help Way Out of Depression](#) on May 20, 2013



Bonus material

[How to step out of bad feelings](#) on November 30, 2012



Stamping on ANTs

[It's all lies anyway \(Stamping on ANTs part 2\)](#) on December 12, 2011



Stamping on ANTs

[Losing that inner critical voice \(Stamping on ANTs Part 1\)](#) on December 12, 2011



Additional resources

[30 Day Money Back Guarantee](#) on April 7, 2011



Additional resources

[Dr David Purves: A little about my Journey](#) on January 14, 2011

**MoodGym (#17)**

New MoodGYM  
COMING SOON  
Click to learn more

Select language:

English



**MoodGYM**  
TRAINING PROGRAM

Learn cognitive behaviour therapy skills  
for preventing and coping with depression

Login >

or

Sign Up >

Seeking immediate help?

In Australia contact Lifeline: 13 11 14 or Kids Helpline: [1800 561 800](tel:1800561800) FREE  
Local help lines for other parts of the world are listed at [befrienders.org](http://befrienders.org).



Australian  
National  
University

MoodGYM was developed by

- ▶ e-hub Mental Health at the
- ▶ National Institute for Mental Health Research

the MoodGYM  
TRAINING PROGRAM / Mark III

◀ BACK NEXT ▶

## Begin the Training Program

MoodGYM consists of a number of interactive modules which are designed to be completed in order. Before we get started, would you like to find out a bit more about what you can expect from your time at MoodGYM? Click on the links below to find out more, or click on the NEXT button on the left of the screen to move to the next page.

[An overview of MoodGYM](#)  
[The exercises and quizzes](#)  
[The Workbook](#)  
[Moving around MoodGYM](#)

### **An overview of MoodGYM**

MoodGYM contains demonstrations, information, mood exercises and workouts. Rather than just reading the material presented, you will be encouraged to practise the skills that you are taught throughout the program.

At the end of each module, a summary of your results for that module is available and can be printed out. It can also be accessed from your [Workbook](#).

### **The exercises and quizzes**

As you progress through MoodGYM, you will be asked to fill in a variety of questions and quizzes about your feelings and thoughts. Once you've completed them, you'll get useful feedback about your results.

For many of the exercises, it is up to you whether or not you complete them (although of course we encourage you to complete all of them!). However, some questionnaires must be completed before you can move on to the next part of MoodGYM. You'll be asked to fill in these questionnaires at the beginning of each module, and at the end of the entire program. The quizzes may become a bit repetitious, but it is important that you complete them, as they are necessary to inform you of your progress.

### **The Workbook**

The MoodGYM Workbook stores your answers to the exercises and quizzes that are located throughout the program. Your Workbook is accessible at any time during your MoodGYM session. Click on the 'Open my workbook' link at the bottom of the screen, then hit the 'Enter' icon. Exercises that you have not yet completed appear in your Workbook in white text. To complete the exercise, you'll need to exit the Workbook and scroll through the module (using the NEXT and BACK buttons) until you reach the exercise. Enter your answers, then click on the 'Save Responses' button to save your answers. Once you've saved an exercise, it will appear as a blue hyperlink in your Workbook. The Workbook also functions as a 'roadmap', showing you where you have been and where you have left to go.

To close your Workbook and return to the last page you were on, hit the blue 'Exit Workbook' button on the left of the screen.

### **Moving around MoodGYM**

myCompass (#18)



### Did you know...

Some people find it hard to achieve the goals they set for the New Year.

This can lead to disappointment and frustration and make it hard to stay motivated. Research suggests that having a clear picture or image of your goal in mind can help.

Try our **Setting SMART Goals** module for more suggestions on how to reach your goals.



### What is myCompass?

Nearly half of all Australians aged 16 and over will suffer from some form of stress, anxiety or depression in their lifetime and the numbers are growing.

**myCompass** is an interactive self-help service that aims to promote resilience and wellbeing for all Australians. myCompass is a guide to good mental health – it points you in the right direction. You can track your moods, write about them and view information and tips. You can also choose to do one of the modules designed to help you manage mild to moderate stress, anxiety and depression.

To get the most out of myCompass we recommend you:

- track at least 2 moods, feelings or events each day
- complete at least 2 of the modules & home tasks
- use the program regularly for 6 to 8 weeks

### Who can use myCompass?

Anyone aged 18 years and over can use myCompass. The mobile phone functions can only be used by Australian residents.

 [Watch Video Overview](#)

### Log In

Email or Mobile Number

Password

[Forgot Password?](#)

**Submit**

### New Here?

It only takes a moment to register, then you can start using myCompass.

**Register**



## Managing Fear & Anxiety

Anxiety is 'fear that lasts' – and too much anxiety interferes with our well-being and enjoyment of life. First this module helps you analyse what sets off your anxiety and what maintains it. Understanding your anxiety is the first key to managing it. Then it explores the steps you can take to prevent or manage anxiety so that it doesn't take over.

### Who is it for?

This module is for people who would like to improve the way they manage anxiety in their lives. We know that some anxiety is normal and useful if it motivates us to action. But sometimes we find ourselves feeling anxious in situations where we don't need to be; it's as if the body doesn't re-set itself to a calm state once the threat or danger is past. We call this having mild to moderate anxiety difficulties.

### Why should you do it?

While anxiety isn't harmful, it feels very unpleasant, it can interfere in our lives and when extreme it doesn't really help us solve problems. People can develop anxiety for a number of reasons, usually related to their life circumstances and current stresses. Some people are just more prone to developing anxiety; it 'runs in the family'. Regardless of how your anxiety developed, you can learn to understand and manage it better. This module encourages you to develop an awareness of what sets off your anxiety, so that you can take steps to prevent or prepare for it.

### Module Structure

Duration: 2-3 weeks

Home tasks: Leave a week between the module sessions to complete the home tasks and apply the module information to your situation. If you don't do the home tasks you may miss out on finding out something new about yourself.



Kaz

Costa

Session 1	Session 2	Session 3
<p><b>Areas Covered:</b> Introduction to Managing Fear &amp; Anxiety; Anxiety warning signs; Anxiety disorders; How to recognise anxiety; Understanding the situational triggers of anxiety.</p> <p>⌚ 16 minutes</p>	<p><b>Areas Covered:</b> The places, people and things that affect your anxiety; Managing anxiety through breathing; Understanding the thoughts and other factors that lead to anxiety.</p> <p>⌚ 16 minutes</p>	<p><b>Areas Covered:</b> The thoughts and other factors that trigger anxiety; Identifying unhelpful thoughts.</p> <p>⌚ 10 minutes</p>
<p><b>Home task:</b> Monitoring of 3 anxiety episodes.</p> <p>⌚ 6 minutes per episode.</p>	<p><b>Home task:</b> Monitoring another 3 anxiety episodes.</p> <p>⌚ 6 minutes per episode</p>	

## Modules List

[Managing Fear & Anxiety](#)

[Setting SMART Goals](#)

[Increasing Pleasurable Activities](#)

[Sleeping Well](#)

[Managing Loss & Major Life Changes](#)

[Breathing & Relaxation](#)

[Managing Stress & Overload](#)

[Communicating Clearly](#)

[Solving Problems](#)

[Building Happiness & Wellbeing](#)


[Tackling Unhelpful Thinking](#)

[Taking Charge of your Worry](#)

## Further Reading

[Take control of your worry, Dr Lisa Lampe](#)

## Online Therapy (#19, #20, #21 , #22 , #23 , #24)



[OUR PROGRAMS](#)[HOW IT WORKS](#)[FAQ](#)[REVIEWS](#)[ABOUT](#)

[Are you a therapist?](#)[Client log in](#)

# Overcome Your Anxiety with Online Therapy

[Anxiety](#) » [Test](#) » [How it works](#) » [Reviews](#) » [Get Started](#) »

There are so many advantages when getting help using online therapy compared to traditional face-to-face therapy. It is more affordable, accessible, anonymous and time saving to just name a few. Right now you pay as little as **£19.95 per week** for full access to:

- ✓ Your own qualified therapist; communicate daily via worksheets + access to chat
- ✓ Evidence-based online therapy program
- ✓ Easy-to-follow information & tools in each section
- ✓ Forum to get help from others
- ✓ Tests to see your progress

To get the best out of the program we recommend that you use our services during 8 weeks, but that is totally up to you. You decide if you need help for a longer or shorter time. Our therapy for anxiety is based on cognitive behavioral therapy (CBT).

### Online CBT for Anxiety


It's not external events that trigger your anxiety; instead it's how you feel and perceive the events that cause your anxiety. Using our online therapy for anxiety you'll learn how to identify your negative thinking patterns that cause your anxiety and replace them with realistic and more positive thoughts. CBT online will help you learn to recognize when you're anxious and how this feels emotionally and physically, but more importantly you will learn coping skills to neutralize this anxiety. Your therapist will help you to gradually and repeatedly expose yourself to the situations and fears that normally trigger your anxiety. Eventually you will be able to go through these events without experiencing the anxiety that up to this point has limited your quality of life.

Click on the links below to learn more or to get started right away.

[How it works >](#)[Get Started! >](#)




Now only!  
**£19.95**  
/week



[MY THERAPY](#)[LOG OFF](#)

## Worksheet: Session 3 - My unhealthy behaviors



### Unhealthy behaviors

Our unhealthy behaviors work as coping strategies and whilst they may seem effective at first, they are actually just causing damage over the longer term by fueling the anxiety. Write down your unhealthy behaviors.

**You wrote:** 2014-04-29 (15:50)

- Only sleeping a few hours per night
- Not eat enough food
- Overload myself with work

Add a new comment:

[< Back \(don't save\)](#)[Continue >](#)

## Serenity Program - Anxiety Program (#25)



*The Serenity Programme - Begin your recovery today!*



Use the menu to the right to take our free **psychological tests**, to take part in our new **brief self-help programme** & view our new **information microsite**. Registered members can access our **self-help CBT workbooks**.

Use of this site is free. A password is required to use our full programme (designed to be used with extra support). Passwords are available through our partner organisations, Cwm Taf and North Wales primary care services, and through **Parabl** in North Wales.

We're proud to say we have helped 76,347 people recover from anxiety disorders since July 4<sup>th</sup> 2010.

### Innovative online CBT workbooks

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Anxiety



Assessment



Exit

### Anxiety programme

Click the buttons below to continue ...

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2. [Becoming different](#)

3. [Everything's connected](#)

4. [Learning to relax](#)

5. [Dealing with troubling feelings](#)

6. [Dealing with troubling thoughts](#)

7. [Problem solving](#)

8. [Staying well](#)



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Social Anxiety Institute (#26)



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Overcoming Social Anxiety

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Session 1

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Handouts

How, and When, to Practice.pdf

Overcoming Social Anxiety Therapy.pdf

How, When, and Where to Practice.pdf

Videos

How We Learn - Synapses and Neural Pathways

Session 1: How and When to Practice

Supplemental Materials

History of Research into Social Anxiety.pdf

Using Your Social Anxiety in Overcoming It.pdf

Our 25 Session series includes:

AudioTherapy

Therapy Handouts

Videos Explanations of the Therapy

Supplemental Handouts and Materials

Songs re-inforcing therapy concepts

Motivational Quotes


Discussions for each session

This Way Up Clinic (#27, #28 , #29, #30)

This Way Up Self-help

(#31, #32)

This Way Up School (#33, #34)



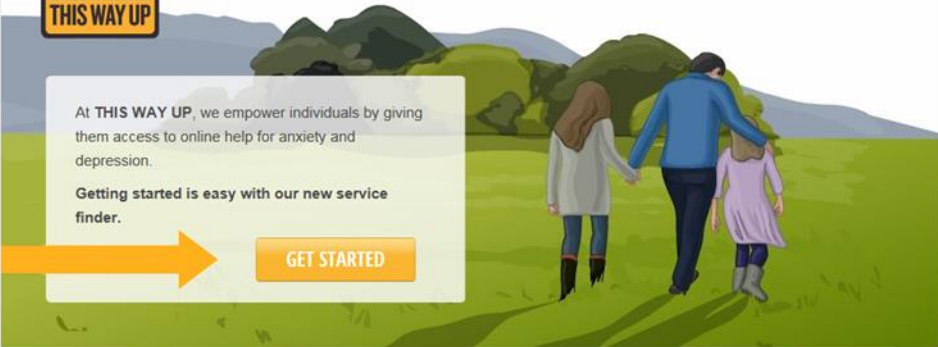
# THIS WAY UP


Online treatment, education and research in anxiety and depression.

At **THIS WAY UP**, we empower individuals by giving them access to online help for anxiety and depression.

Getting started is easy with our new service finder.


[GET STARTED](#)






**THIS WAY UP CLINIC**

THIS WAY UP Clinic is an online clinician assisted treatment program for anxiety and depression. Validated with an 80% success rate, you will receive support from your clinician and 90 days access to our proven program.




**SELF HELP**

Learn more about anxiety and depression at THIS WAY UP Self Help. Take a free test or enrol in one of our self-paced courses. We provide skill building courses for worry, sadness and shyness.




**FOR CLINICIANS**

We provide information and technical training for clinicians. Read our guides to common mental disorders, psychological strategies and outcome measures. Our guides are written by clinical and academic experts from CRUIAD.



**FOR SCHOOLS**


An internet-based learning system that provides health and wellbeing courses for school students. Enrol your school to get free access to skill building courses to manage stress, anxiety and depression.




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You are here:Generalised Anxiety Disorder


## Generalised Anxiety Disorder



**Lesson 1**  
The Diagnosis



**Lesson 2**  
About treatment



**Lesson 3**  
Learning to manage thoughts